



# ST COLUMBA'S FAMILIES NEWSLETTER

## HELLO FAMILIES OF ST COLUMBA'S

Last week's newsletter included the link to that crazy Skye cyclist, Danny MacAskill, riding down the side of the Cuillin mountains. I am delighted to hear that in one St Columba's household it has inspired two young "stuntmen" to put on shows in their kitchen for the appreciation of their parents!

The gospel story this weekend is very much about being in the mountains. It is the vision of Jesus "transfigured" on sacred, "high ground" while walking in the hills with his closest companions, Peter, James and John. I wonder if you can think of hills or mountains that you have climbed. What did you see? How did you feel? Finding high ground definitely helps keep, or renew, perspective. Sometimes it can be a good place to come to decisions about what we will do next. Time with Jesus in the mountains was certainly never to be forgotten by his disciples.

In the Church calendar this Sunday is called either, the Last Sunday after Epiphany, or Transfiguration Sunday. Next week (21st Sunday) is the first Sunday in Lent. Lent is the forty days, echoing Jesus' forty days in the wilderness, when Christians take time to think more deeply about Jesus' life and especially his journey towards the cross and Easter. The day before Lent begins, next Tuesday (16th February) is Shrove Tuesday. It gets its name from the ritual of shricing that Christians used to undergo in the past. In shricing, a person confesses their sins and receives absolution for them. The celebration of Pancake Day is a reminder of the tradition of using up/feasting on the remaining winter stores before a time of fasting in Lent. Many countries celebrate carnival before Lent starts. Carnevale is an Italian word derived from the Latin *carnem* (meat) and *levare* (remove). The famous Mardi Gras in New Orleans, translates as Fat Tuesday – again the idea of a big party, before the seriousness of the journey towards Easter.



Thinking about Transfiguration Sunday and about Shrove/Pancake Tuesday, Fiona and Lucy have found activities and recipes to meet the moment. (Thank you, Fiona and Lucy.) Next week is half term for many families, so there won't be a Families Newsletter next week, but it will be back, the week after.



Finally, in honour of the kitchen stuntmen, here's one more piece of Danny MacAskill madness. <http://www.dannymacaskill.co.uk/category/video/page/4/> I particularly love it as he makes a journey from Edinburgh to his home village of Dunvegan on the Isle of Skye, which is where my family come from. Enjoy half term - as much as possible,

Best wishes Angus & the Sunday School Team